

**US ARMY GARRISON
KAISERSLAUTERN**

**SUMMER
SAFETY**

2009



**"Leaders who are engaged at all echelons
of command immediately promote a
safer operational environment.
Be a leader and be engaged."**

— Sergeant Major of the Army
Ken Preston

Leadership - Discipline - Standards

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.



U.S. ARMY

ARMY STRONG™



U.S. ARMY COMBAT READINESS/SAFETY CENTER

**ARMY SAFE
IS ARMY STRONG**



**A BAND OF BROTHERS
& SISTERS**

VOLUNTARY PROTECTION PROGRAM

At USAG-K we are committed to a safe and healthful working environment as part of our culture.

We are a Voluntary Protection Program site.

- **Management Leadership and Employee Involvement**
- **Work Site Analysis**
- **Hazard Prevention and Control**
- **Safety and Health Training**



**A Benchmark for Safety
Excellence!!**

MOTOR VEHICLE SAFETY

MOTOR VEHICLE ACCIDENTS ARE THE NUMBER ONE ACCIDENTAL DEATH OF SOLDIERS!!

- ◆ POV crashes are the lead cause of Army accidental deaths
 - ◆ Average 130 POV deaths a year
 - ◆ Soldiers 18-24 are highest risk, 4x greater than other categories
- ◆ Contributing factors: fatigue, alcohol, drugs, speeding, not using seatbelts, complacency
- ◆ Survival plan:
 - ◆ **Use seat belts** and child safety seats
 - ◆ Don't drive impaired
 - ◆ Plan your trip
 - ◆ Inspect your vehicle
 - ◆ Don't speed (drive to conditions)
 - ◆ Have plenty of rest (take breaks)
 - ◆ Don't tailgate
 - ◆ Drive Defensively



DON'T DRINK AND DRIVE !!!

- **Designate a driver BEFORE you go out!**
- **Use the Designated Driver program at Army Clubs**
- **Set aside money for a Taxi at the beginning of the night and don't spend it.**
- **Call Armed Forces Against Drunk Driving at 0631-536-2233 or 489-AADD**
- **Watch out for your buddy, "Don't Walk By"**



WEAR YOUR SEATBELT!

Remember to Properly Restrain Your Child
“Car crashes remain the number one killer of children ages 3-14 in the United States.”
usa.safekids.org



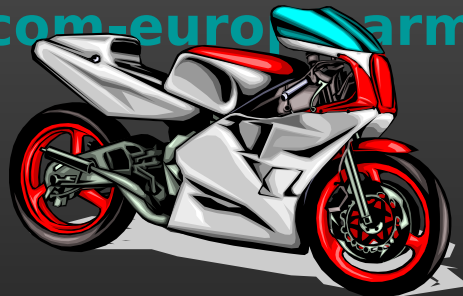
More information on child passenger safety can be found at
<http://www.usa.safekids.org/skbu/cps/index.html>

Contact the Garrison Safety Office at 493-4027 or 493-4040 to schedule a car seat

MOTORCYCLE SAFETY

- **MOTORCYCLE SAFETY FOUNDATION CERTIFICATE REQUIRED TO RIDE IN USAREUR**
- **WEAR PROPER PROTECTIVE EQUIPMENT**
- **FOLLOW THE RULES OF THE ROAD AND WATCH YOUR SPEED!**
- **ENROLL IN A MOTORCYCLE SAFETY FOUNDATION CLASS at**

http://www.imcom-europe.army.mil/sites/management/so_atstp.asp



LOCAL DRIVING HAZARDS AUTOBAHN



Typical exits do not allow much time for deceleration.
Watch your speed and maintain situational awareness.

Watch for curves on Autobahn roads when approaching K-town on A62, A63 and A6.



A6 K-Town East Exits



This is an information sign for upcoming military exit. Go

Autobahn Wrong Way Hazard

- Wrong Way Drivers – If you miss your exit, keep driving to the next exit (no matter how far). You will lose your license if caught backing up or going the wrong way on the Autobahn or an exit. Additionally, watch as you enter the autobahn's on ramp, follow the directional arrows so you do not go up the wrong ramp.
- IT HAPPENS! Traveling up the wrong way has caused one **FATALITY** in the K-Town community.



A63: Due to a high trend rate in mishaps, the speed limit was reduced from 130 to 100 kph on this road.



This is also the location of an Army motorcycle fatality

High Accident Potential: B-270 between Vogelweh and ROB.



Multiple on and off ramps to B40 and the OPEL circle. Watch your speed.

Examples of Construction Hazards-

Follow the signs and watch your speed



Weilerbach Depot Access Road



This road has extremely low shoulders and is very narrow. It is heavily traveled and can be dangerous in inclement weather.

Town Hazards

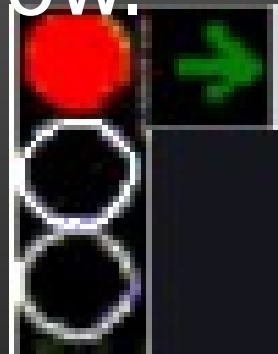


- Town roads are very narrow allowing only one vehicle to proceed when cars are parked on the side of the street.
- Courtesy rule: allow the oncoming vehicles enough room to proceed when parked cars are in your direction of travel.

Town Hazards

It is illegal to make a right turn on red.

Exception-
Right turn on red with green arrow.



Traffic Circle



Einsiedlerh
of round-
about gets
very
congested
during peak
hours.

Yield signs indicate that vehicles in the traffic circle have priority
Drive
defensively

OCCUPATIONAL SAFETY

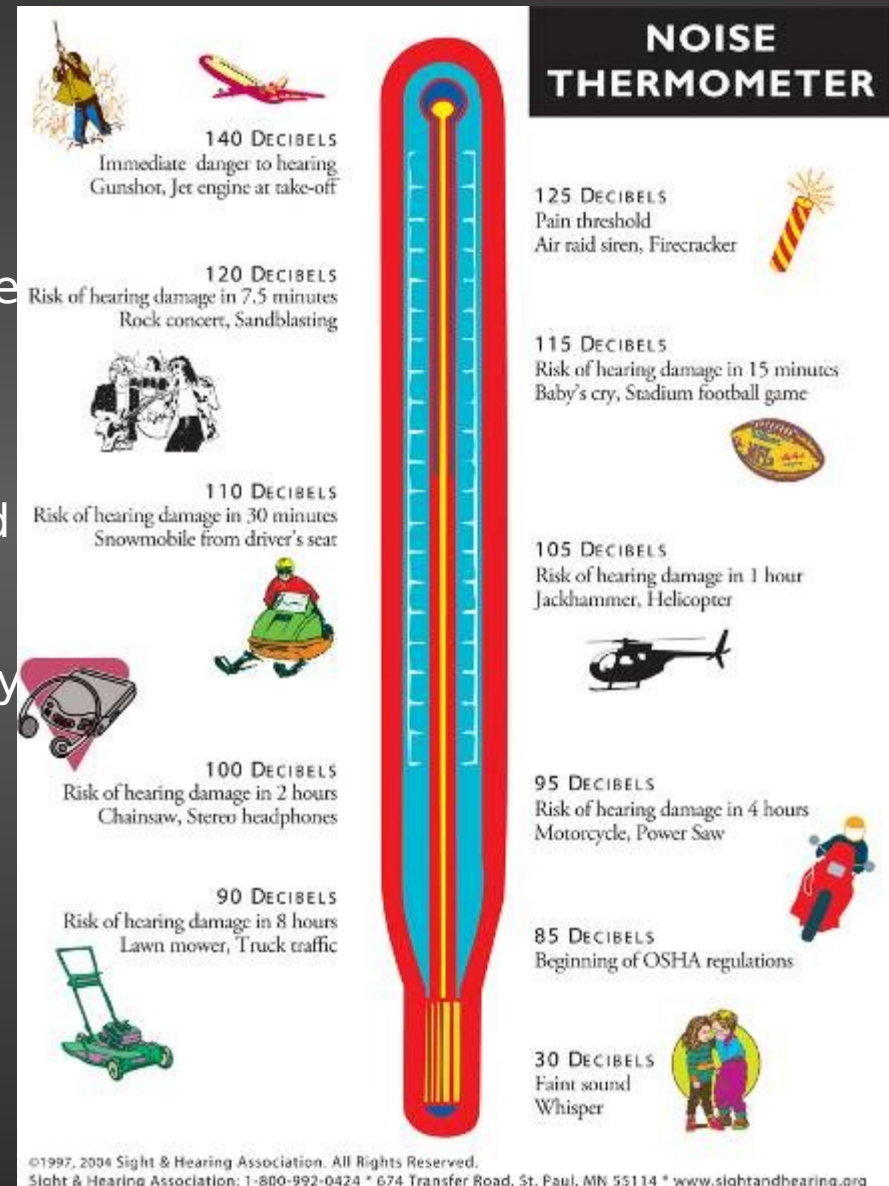
BLOODBORNE PATHOGENS

- ◆ Employees in specific occupations may have the potential for exposure to bloodborne pathogens
- ◆ **What is a bloodborne pathogen?** Disease causing micro-organisms that are present in human blood and can cause disease in humans
- ◆ **What is an occupational exposure?** Skin, eye, mucous membrane, or puncture contact with blood or other potentially infectious body fluids (vomit, feces or urine visibly contaminated with blood) that may result from the performance of an employee's duties
- ◆ **How can I protect myself?** A workplace specific bloodborne pathogen program consists of an exposure control plan, communication of hazard to employees, safe work practices, personal protective equipment and recordkeeping is required for all employees occupationally exposed to bloodborne pathogens.



HEARING CONSERVATION

- ◆ Exposures to loud noises can cause permanent irreversible hearing loss
- ◆ **How does hearing loss occur?**
When sounds are very loud, the hair cells (tiny nerve endings) in the middle ear are damaged
- ◆ **How can I protect myself?**
 - ◆ The best strategy is prevention and protection
 - ◆ Use recommended hearing protection properly and consistently
 - ◆ Use recommended hearing protection at home
 - ◆ Turn down your ear phones! If others can hear what you are listening to it is probably too loud.



CHEMICAL HAZARDS

- ◆ Employees may work with chemicals both at work and at home on a daily basis without considering the effects of chemical exposure
- ◆ **How does chemical exposure occur?**
Through inhalation, ingestion, skin contact and injection.
- ◆ **How can I protect myself?**
 - ◆ Hazard Communication (HAZCOM) program for all work areas using chemicals
 - ◆ Four program components include; written plan, employee training, chemical listing with material safety data sheets and chemical labeling
 - ◆ Always use required personal protective equipment and procedures
 - ◆ Program is workplace specific



CONTROLLING HAZARDS

- ◆ Hazard control is accomplished through a system called the “Hierarchy of Controls”
- ◆ How can I control hazards?
 - ◆ **Engineer** the hazard out of the work process- ex. using a dishwasher vs washing dishes by hand limits exposure to hot water and detergents
 - ◆ **Administrative controls**- ex. Rotate workers exposed to hazardous noise
 - ◆ **Personal protective equipment** – ex. gloves, respirators, hard hats, steel toe boots, etc
- ◆ How can I protect myself?
 - ◆ Perform a job hazard analysis to identify potential hazards
 - ◆ Use designated controls or practices consistently and properly
 - ◆ Wear personal protective equipment
 - ◆ Select less hazardous equipment and chemicals



OCCUPATIONAL STRESS

- ◆ One-fourth of workers view their jobs as the number one stressor in their lives. -Northwestern National Life

- ◆ **What is occupational stress?**

- ◆ The harmful physical and emotional responses that occur when the requirements of the job do not meet the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury.
- ◆ Should not be confused with challenge which motivates us to learn new skills and master our jobs.

- ◆ **What can be done to reduce occupational stress?**

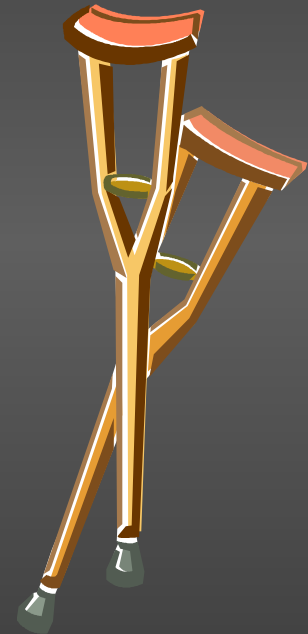
- ◆ Ensure the workload is in line with workers capabilities and resources
- ◆ Educate employees on stress management
- ◆ Clearly define workers roles and responsibilities
- ◆ Encourage communication of concerns and ideas



RECREATIONAL SAFETY

SPORTS AND RECREATION SAFETY

- ◆ Second highest off duty disabling injuries (only motor vehicles are higher)
 - ◆ Accounts for approximately 3.2 million ER visits per year
- ◆ Contributing factors: physical condition, improper warm-up/cool down, lack of protective equipment
- ◆ Top injury producing sports (Army):
 - ◆ Team sports: basketball, football, softball
 - ◆ Individual sports: water sports, winter sports and biking
- ◆ Injury Prevention Tips:
 - ◆ Stretch and warm up prior to activity
 - ◆ No alcohol prior to or during activity
 - ◆ Wear personal protective equipment
 - ◆ Know your limits
 - ◆ Stay hydrated and dress appropriately



BICYCLE AND SKATEBOARD SAFETY

- ◆ Bicycle crashes result in 850 deaths per year
 - ◆ 90% involve collisions with vehicles
- ◆ Contributing factors: alcohol, no helmet, not seen
- ◆ Before you ride:
 - ◆ Inspect bike
 - ◆ Wear helmet
 - ◆ Check brakes and tires
- ◆ When you ride:
 - ◆ See and be seen
 - ◆ Avoid riding at night and reduced visibility
 - ◆ Ride single file
 - ◆ Stay out of vehicle blind spots
- ◆ Skateboarders wear helmet, elbow, wrist and knee pads



WATER SAFETY

- ◆ 40% of the population cannot swim 20 feet and would probably drown attempting to get to safety
- ◆ Contributing factors to drowning:
alcohol, off duty recreational swimming, after dark
- ◆ Be safe around water:
 - ◆ Learn to swim and know “your” limits
 - ◆ Swim in authorized areas
 - ◆ Use the buddy system
 - ◆ Use personal flotation devices when boating and fishing
 - ◆ Watch children closely
 - ◆ Don’t drink and swim



HEAT CAN KILL!

KNOW YOUR LIMITS

- GET ACCLIMATED TO THE CLIMATE
- STAY HYDRATED
- FOLLOW WORK/REST CYCLES
- USE SUN SCREEN AND LIMIT EXPOSURE

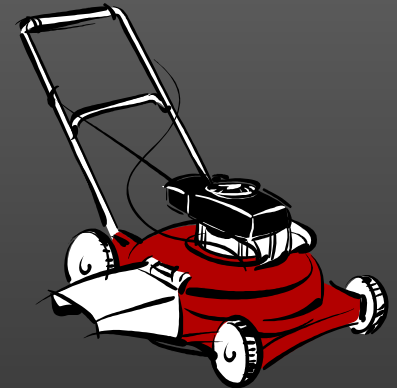


**NEVER LEAVE CHILDREN
OR PETS IN A CLOSED**

HOT CAR

GARDENING

- ◆ Injuries from lawn mowers average 74,000 each year according to government estimates.
- ◆ Contributing factors: wet conditions, sloping terrain, rocks and sticks on lawn, inexperience, lack of protective equipment
- ◆ Safe Gardening Tips:
 - ◆ No one under 16 should use a riding mower and no one under 12 should use a push type mower
 - ◆ Read and follow the instruction manual
 - ◆ **Push the mower forward, never pull it backward**
 - ◆ Wear long pants, sturdy shoes, ear protection and safety glasses
 - ◆ Handle gas carefully-fill up before you start, when the engine is cold
 - ◆ Ensure the cord is in good condition and kept away from the blade with electric mowers
 - ◆ Pick up sticks, stones and toys which that could be ejected from the mower or weed eater



BBQ GRILL SAFETY

- ◆ 66 million Americans cook outdoors regularly
- ◆ Contributing factors to grilling injuries: unattended grill, improper use, improper starting
- ◆ Safe Grilling Tips:
 - ◆ **Never apply lighter fluid, gas, etc to hot coals**
 - ◆ Never leave a grill unattended
 - ◆ Read and follow the instruction manual
 - ◆ Instruct children on the dangers of hot grills
 - ◆ Choose a safe location to light the grill
 - ◆ Do not grill indoors or in a semi-enclosed area like a camper or a tent
 - ◆ Let charcoal cool before disposal



FOOD SAFETY

- ◆ Food borne illness peaks in the summer
- ◆ Contributing factors to food borne illness:
 - ◆ Bacteria grow faster in warmer temperatures
 - ◆ More outside cooking activities
- ◆ Food Safety Tips:
 - ◆ Wash hands before handling food
 - ◆ Keep dairy products refrigerated
 - ◆ Keep food in its original container-check expiration dates and storage/handling instructions
 - ◆ Keep cold food cold and hot food hot
 - ◆ Keep foods covered to prevent contamination by insects
 - ◆ Leftovers- When in doubt, throw them out!!



For more information go to:
http://www.fsis.usda.gov/Fact_Sheets/index.asp

COMPOSITE RISK MANAGEMENT

- ✓ Identify the hazard
- ✓ Assess the hazard
- ✓ Make a risk decision
- ✓ Implement controls
- ✓ Supervise

Online training can be found at [https://
crc.learn.army.mil/webapps/port](https://crc.learn.army.mil/webapps/port)

“UNDER THE OAK TREE” SESSIONS

MUST be held for all employees by all first line leaders and supervisors prior to long weekends and individuals going on leave.

SUMMER SAFETY

THINK BEFORE YOU DO.....

AND PLAN FOR THE UNEXPECTED.....



***HAVE A SAFE
SUMMER!***

